

Revised & Updated

**NOVEMBER 2017**

Tuesday	Wednesday	Thursday	Friday
<b>31 Oct</b> 11:30—12:30 Tums & Bums exercises 12:30—1:30 SensWide Employment 12:30—2 Lunch	<b>1 Nov</b> 10—12.30 Art Class 10:15—5 DWF appointments 1:30—2:15 Muscles & Curves 2:30—3:30 Coffee & Cake	<b>2</b> 10:15—5 DWF appointments 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner	<b>3</b> 11—12 Pilates 1—3 GROW Group
<b>7</b>  <b>Building Closed</b> Melbourne Cup Public Holiday	<b>8</b> 10—12.30 Art Class 10:15—5 DWF appointments 11—3 Straight Arrows Outrch 11:30—3:30 Pantry 1—2:15 Massage 1:30—2:15 Muscles & Curves 2—4 WISE Employment	<b>9</b> 10—3 Pos. Women Outreach 10:15—5 DWF appointments 11:30—7:30 Pantry 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	<b>10</b> 11—12 Pilates 11:30—3:30 Pantry 1—3 GROW Group
<b>14</b> 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	<b>15</b> 10—12.30 Art Class 10:15—5 DWF appointments 1:30—2:15 Muscles & Curves 2:30—3:30 Coffee & Cake 6—9 Straight Arrows Cook 'N' Chat	<b>16</b> 10:15—5 DWF appointments 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	<b>17</b> 11—12 Pilates 1—3 GROW Group
<b>21</b> 11:30—12:30 Tums & Bums exercises 11:30—3:30 Pantry 12:30—2 Lunch	<b>22</b> 10—12.30 Art Class 10:15—5 DWF appointments 11—3 Straight Arrows Outrch 11:30—3:30 Pantry 1—3:15 Massage 1:30—2:15 Muscles & Curves 2—4 WISE Employment	<b>23</b> 10—3 Pos. Women Outreach 10:15—5 DWF appointments 11:30—7:30 Pantry 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	<b>24</b> 11—12 Pilates 11:30—3:30 Pantry 1—3 GROW Group
<b>28</b> 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	<b>29</b> 10—12.30 Art Class 10:15—5 DWF appointments 1:30—2:15 Muscles & Curves 2:30—3:30 Coffee & Cake	<b>30</b> 10:15—5 DWF appointments 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	<b>1 Dec</b> 1—3 GROW Group <b>2—5:30 Building Closed</b> <b>6:30 – 9 World AIDS Day Memorial Ceremony</b>

# DECEMBER 2017

Tuesday	Wednesday	Thursday	Friday
<b>5</b>  11:30—3:30 Pantry 12:30—1:30 SensWide Employment 12:30—2 Lunch	<b>6</b>  10—12.30 Art Class 10:15—5 DWF appointments 11—3 Straight Arrows Outrch 11:30—3:30 Pantry 1—2:15 Massage 1:30—2:15 Muscles & Curves 2—4 WISE Employment	<b>7</b>  10—3 Pos. Women Outreach 10:15—5 DWF appointments 11:30—7:30 Pantry 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	<b>8</b>  11:30—3:30 Pantry 1—3 GROW Group
<b>12</b>  12:30—2 Lunch	<b>13</b>  10—12.30 Art Class 10:15—5 DWF appointments 1:30—2:15 Muscles & Curves 2:30—3:30 Coffee & Cake	<b>14</b>  10:15—5 DWF appointments 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	<b>15</b>  <b>Building Closes at Noon</b>
<b>19</b>  11:30—3:30 Pantry 12:30—2 Lunch	<b>20</b>  10—12.30 Art Class 10:15—5 DWF appointments 11—3 Straight Arrows Outrch 11:30—3:30 Pantry 1—3:15 Massage 1:30—2:15 Muscles & Curves 2—4 WISE Employment	<b>21</b>  10—3 Pos. Women Outreach 10:15—5 DWF appointments 11:30—7:30 Pantry <b>6—9 Client Festive Dinner</b>	<b>22</b>  11:30—3:30 Pantry
<b>26</b>  <b>Building Closed</b>	<b>27</b>  <b>Building Closed</b>	<b>28</b>  <b>Building Closed</b>	<b>29</b>  <b>Building Closed</b>

# JANUARY 2018

Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>11:30—3:30 Pantry 12:30—1:30 SensWide Employment</p>	<p>3</p> <p>10:15—5 DWF appointments 11:30—3:30 Pantry 2—4 WISE Employment</p>	<p>4</p> <p>10:15—5 DWF appointments 11:30—7:30 Pantry 6—7:30 Dinner</p>	<p>5</p> <p>11:30—3:30 Pantry 1—3 GROW Group</p>
<p>9</p>	<p>10</p> <p>10—12.30 Art Class 10:15—5 DWF appointments 2:30—3:30 Coffee &amp; Cake</p>	<p>11</p> <p>10:15—5 DWF appointments 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints</p>	<p>12</p> <p>1—3 GROW Group</p>
<p>16</p> <p>11:30—12:30 Tums &amp; Bums exercises 11:30—3:30 Pantry</p>	<p>17</p> <p>10—12.30 Art Class 10:15—5 DWF appointments 11:30—3:30 Pantry 2—4 WISE Employment</p>	<p>18</p> <p>10—3 Pos. Women Outreach 10:15—5 DWF appointments 11:30—7:30 Pantry 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints</p>	<p>19</p> <p>11—12 Pilates 11:30—3:30 Pantry 1—3 GROW Group</p>
<p>23</p> <p>11:30—12:30 Tums &amp; Bums exercises</p>	<p>24</p> <p>10—12.30 Art Class 10:15—5 DWF appointments 2:30—3:30 Coffee &amp; Cake</p>	<p>25</p> <p>10:15—5 DWF appointments 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints</p>	<p>26</p> <p><b>CLOSED</b></p> <p>Australia Day Public Holiday</p>

# FEBRUARY 2018

Tuesday	Wednesday	Thursday	Friday
<b>30 Jan</b>  11:30—12:30 Tums & Bums exercises 11:30—3:30 Pantry 12:30—2 Lunch	<b>31 Jan</b> 10—12.30 Art Class 10:15—5 DWF appointments 11—3 Straight Arrows Outrch 11:30—3:30 Pantry 1—3:15 Massage 1:30—2:15 Muscles & Curves 2—4 WISE Employment	<b>1 Feb</b> 10—3 Pos. Women Outreach 10:15—5 DWF appointments 11:30—7:30 Pantry 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	<b>2 Feb</b>  11—12 Pilates 11:30—3:30 Pantry 1—3 GROW Group
<b>6</b>  11:30—12:30 Tums & Bums exercises 12:30—1:30 SensWide Employment 12:30—2 Lunch	<b>7</b> 10—12.30 Art Class 10:15—5 DWF appointments 1:30—2:15 Muscles & Curves 2:30—3:30 Coffee & Cake	<b>8</b> 10:15—5 DWF appointments 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	<b>9</b>  11—12 Pilates 1—3 GROW Group
<b>13</b>  11:30—12:30 Tums & Bums exercises 11:30—3:30 Pantry 12:30—2 Lunch	<b>14</b> 10—12.30 Art Class 10:15—5 DWF appointments 11—3 Straight Arrows Outrch 11:30—3:30 Pantry 1—3:15 Massage 1:30—2:15 Muscles & Curves 2—4 WISE Employment	<b>15</b> 10—3 Pos. Women Outreach 10:15—5 DWF appointments 11:30—7:30 Pantry 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	<b>16</b>  11—12 Pilates 11:30—3:30 Pantry 1—3 GROW Group
<b>20</b>  11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	<b>21</b>  10—12.30 Art Class 10:15—5 DWF appointments 1:30—2:15 Muscles & Curves 2:30—3:30 Coffee & Cake	<b>22</b>  10:15—5 DWF appointments 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	<b>23</b>  11—12 Pilates 1—3 GROW Group
<b>27</b>  11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	<b>28</b>  10—12.30 Art Class 10:15—5 DWF appointments 2:30—3:30 Coffee & Cake	<b>1 Mar</b>  10:15—5 DWF appointments 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	<b>2 March</b>  11—12 Pilates 1—3 GROW Group